

South Carolina Childcare *and* School Disease Prevention

Tuberculosis (TB)

Tuberculosis is a disease caused by germs called *Mycobacterium tuberculosis*. It is spread from person to person through the air. TB usually affects the lungs, but it can affect other parts of the body, such as the brain, the kidneys, or the spine. There are two types of TB—one that can make others sick (TB disease) and one that does NOT make others sick (TB infection).

Symptoms of TB include tiredness, unexplained weight lost, fever, night sweats, coughing for more than 2 weeks, coughing up blood, and chest pain.

There are two ways to test for TB: **Tuberculin Skin Test (TST)** or **Interferon-Gamma Release Assays (IGRA)** blood test.

Immunization

The South Carolina Department of Public Health (DPH) encourages anyone working in childcare and school settings to receive the CDC-recommended adult vaccinations.

Talk to your health care provider, local health department or pharmacist about which vaccines you need.

Go to [cdc.gov/vaccines-adults](https://www.cdc.gov/vaccines-adults) for more information.

Recommended Adult Vaccinations for Teachers, Staff and Volunteers in Childcare and Schools	
<i>Vaccines recommended as catch-up if you didn't receive as a child</i>	
MMR (Measles, Mumps, Rubella)	If lab evidence is negative for immunity, 1 dose for adults born in the US in 1957 or later. Adults born before 1957 are considered immune.
Varicella (chicken pox)	2 doses (unless prior immunization, physician diagnosis of previous disease or lab evidence of immunity).
Hepatitis B	3 doses
Tdap (tetanus, diphtheria, pertussis)	1 dose, no matter when you got your last tetanus (Td) vaccine. Tdap is also recommended during every pregnancy.
Influenza	1 dose each year

Infection Control in Childcare and Schools

You can also take everyday preventive actions to stop the spread of germs:

- Wash your hands often with soap and water.
- Cover your nose and mouth when you cough or sneeze.
- Stay home if you are sick and limit contact with others as much as possible.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

DPH provides a [School and Childcare Exclusion List](#) for schools and childcare to use as a guide for when both staff/volunteers and students should stay home to limit the spread of disease.

